

**Full Report (All Nutrients) 11004, Amaranth leaves, cooked, boiled, drained, without salt**

**Report Date: July 04, 2017 16:43 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 132g
<b>Proximates</b>					
Water	g	91.49	1	--	120.77
Energy	kcal	21	--	--	28
Energy	kJ	88	--	--	116
Protein	g	2.11	1	--	2.79
Total lipid (fat)	g	0.18	1	--	0.24
Ash	g	2.11	1	--	2.79
Carbohydrate, by difference	g	4.11	--	--	5.43
<b>Minerals</b>					
Calcium, Ca	mg	209	--	--	276
Iron, Fe	mg	2.26	1	--	2.98
Magnesium, Mg	mg	55	1	--	73
Phosphorus, P	mg	72	1	--	95
Potassium, K	mg	641	1	--	846
Sodium, Na	mg	21	1	--	28
Zinc, Zn	mg	0.88	--	--	1.16
Copper, Cu	mg	0.158	--	--	0.209
Manganese, Mn	mg	0.861	--	--	1.137
Selenium, Se	µg	0.9	--	--	1.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	41.1	5	8.325	54.3
Thiamin	mg	0.020	5	0.010	0.026
Riboflavin	mg	0.134	5	0.027	0.177

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 cup 132g</b>
Niacin	mg	0.559	5	0.090	0.738
Pantothenic acid	mg	0.062	--	--	0.082
Vitamin B-6	mg	0.177	--	--	0.234
Folate, total	µg	57	--	--	75
Folic acid	µg	0	--	--	0
Folate, food	µg	57	--	--	75
Folate, DFE	µg	57	--	--	75
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	139	5	57.036	183
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	2770	5	1140.712	3656
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.050	--	--	0.066
14:0	g	0.000	--	--	0.000
16:0	g	0.040	--	--	0.053
18:0	g	0.006	--	--	0.008
Fatty acids, total monounsaturated	g	0.041	--	--	0.054
18:1 undifferentiated	g	0.041	--	--	0.054
Fatty acids, total polyunsaturated	g	0.080	--	--	0.106
18:2 undifferentiated	g	0.079	--	--	0.104
18:3 undifferentiated	g	0.001	--	--	0.001
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.027	--	--	0.036
Threonine	g	0.085	--	--	0.112
Isoleucine	g	0.102	--	--	0.135
Leucine	g	0.167	--	--	0.220
Lysine	g	0.109	--	--	0.144
Methionine	g	0.031	--	--	0.041
Cystine	g	0.025	--	--	0.033

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 132g
Phenylalanine	g	0.114	--	--	0.150
Tyrosine	g	0.068	--	--	0.090
Valine	g	0.118	--	--	0.156
Arginine	g	0.104	--	--	0.137
Histidine	g	0.044	--	--	0.058
Alanine	g	0.119	--	--	0.157
Aspartic acid	g	0.196	--	--	0.259
Glutamic acid	g	0.250	--	--	0.330
Glycine	g	0.113	--	--	0.149
Proline	g	0.104	--	--	0.137
Serine	g	0.095	--	--	0.125
<b>Other</b>					
<b>Flavonoids</b>					
Flavonols					
Isorhamnetin <sup>1</sup>	mg	0.0	1	--	0.0
Kaempferol <sup>1</sup>	mg	0.0	1	--	0.0
Myricetin <sup>1</sup>	mg	0.6	1	--	0.7
Quercetin <sup>1</sup>	mg	0.9	1	--	1.2

<sup>1</sup>Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741